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****New****

- Updated for 2010, excel 3yr training log for running, swimming and cycling for sale [here](#).
- Pace and Distance conversion tables [here](#).

W h a t i s

Phidippides.co.uk is a site brought to you by myself, a back of the pack runner, who likes to set challenging goals and then through stubbornness, determination and humour attempts to achieve them.

My vision for this site is to be a portal to all the great tips, gear and web sites that I have come across in my planning and training for my first Marathon, Triathlon and Adventure races. Hopefully this information will help the first time competitor get ready for their first race.

The site contains gear reviews of kit that I have used and which has become invaluable to me in my training, tips on training and safety and also points you in the right direction of high quality free training plans.

I will only recommend items that I constantly use, like the garmin forerunner, and will happily point out the impulse buys that I have made and regretted, so that you do not waste your own hard earned cash.

So whether it is your first marathon, your first triathlon or your first adventure race come back regularly for some great tips and links.....

Look at the training plan page for great links to free training plans for all levels of runners, from the likes of Hal Higdon and Jeff Galloway

The following distances and races are covered plus many more: triathlon sprints, 5k training plans, 10K training plans, half marathon training plans and full marathon training plans. Ideal for if you are trying for your first London marathon or wish to improve on your last London marathon time.

Who was Phidippides?

Phidippides, an Athenian herald, ran the 21.4 miles from the battlefield by the town of Marathon to Athens to announce the Greek victory over Persia in the Battle of Marathon (490 BC) with the words 'We were victorious!' and died on the spot.

Hopefully with some sensible training and good tips on training and safety whilst training you will have a happier race!!

If you have found this site through [www.26-2.com](#) you are at the right place as I have not settled on a final name for the site yet.

Please bookmark [phidippides.co.uk](#) or [www.26-2.com](#) and return often.

Do not forget to take a quick look at the [training page](#) to get you out there running and ready for your next big race. Look at the links to the great free training plans of all descriptions by Hal Higdon and Jeff Galloway and many more. Triathlon sprints, 5k training plans, 10K training plans, half marathon training plans and full marathon training plans. Ideal for if you are trying for your first London marathon or wish to improve on your last London time.

New excel based running log/diary/journal, call it what you want, a great tool to track all your training, be it running, swimming or biking. Triathlon training log coming soon. Look at the training log page for a full description of all the great features [here](#).



Phidippides.co.uk and 26-2.com for the new and improving runner or triathlete

End Your Knee Problems

The Facts, Options and Cures. How Pro Athletes Heal So Quickly.



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